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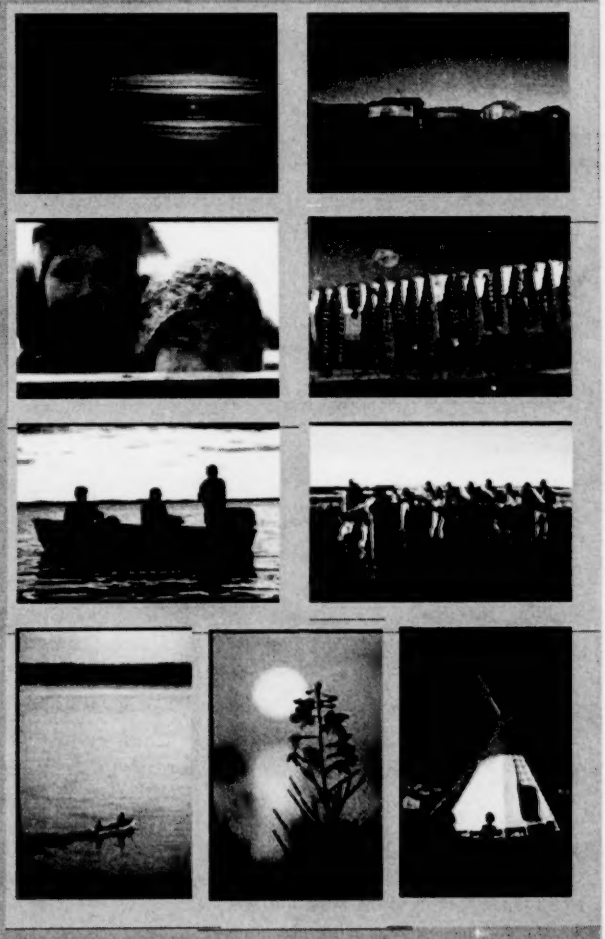
# Directions for Wellness 2006-2007:
## A Summary of First Nations and Inuit Health Branch Programs in the Northwest Territories



Northwest Territories Health and Social Services

# Message from Minister

It is my pleasure to present the report, *Directions for Wellness 2006-2007: A Summary of First Nations & Inuit Health Branch Programs in the Northwest Territories.*

The Directions for Wellness report is unique in that it focuses solely on programs that are funded for design by, or with input from, the many Aboriginal groups in the Northwest Territories (NWT). Information has been compiled about six federal First Nations and Inuit Wellness Programs implemented in 32 communities in the Northwest Territories between April 1, 2006 and March 31, 2007.

This report clearly outlines how Government works with communities to achieve their wellness goals and community priorities. It identifies the wellness priorities of communities, and promotes collaboration and innovation by enabling communities to learn from one another's wellness activities and experiences.

I encourage all communities to continue to take advantage of the various funding programs available to them as a means of achieving their wellness goals and priorities.

Honourable Sandy Lee

Minister of Health and Social Services

If you would like this information in another official language, call us.

English

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Si vous voulez ces informations en français, contactez-nous.

French

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**Kīspin ki nitawihtīn ē nīhīyawihk ōma ācimōwin, tipwāsinān.**

Cree

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TŁĮCHǪ YATI K'ĘĘ. DI WEGODI NEWǪ DÈ, GOTS'O GONEDE.

T̨chǫ

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ʔERIHTŁ'ÍS DËNE SÚŁINÉ YATI T'A HUTS'ELKËR
XA BEYÁYATI THEʔĄ ʔAT'E, NUWE TS'ËN YÓŁTI.

Chipewyan

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EDI GONDI DEHGÁH GOT'ĮE ZHATIÉ K'ÉĘ́
EDATŁ'ÉH ENAHDDHĘ NIDE.

South Slavey

---

K'ÁHSHÓ GOT'ĮNE XƏDƏ́ K'É HEDERI
ʔEDĮHTL'É YERINIWĘ NÍDÉ DÚLE.

North Slavey

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Jii gwandak izhii ginjìk vat'atr'ijąhch'uu zhit
yinohthan jì', diits'àt ginohkhìi.

Gwich'in

---

UVANITTUAQ ILITCHURISUKUPKU INUVIALUKTUN, QUQUAQLUTA.

Inuvialuktun

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ᑕᒃᓂᐊ ᑎᑎᖅᑲᐃᑦ ᐱᓪᒪᔨᐱᒋᑦ ᐃᓄᒃᑎᑐᓕᖅᓯᒪᓕᓚᑎᒃ,
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Inuktitut

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Hapkua titiqqat pijumagupkit Inuinnaqtun, uvaptinnut hivajarlutit.

Inuinnaqtun

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# Table of Contents


Introduction ..... 1

Description of Wellness Programs ..... 2

Featured Stories ..... 4

Overview of Funding ..... 11

Beaufort Delta Region ..... 12

- Aklavik ..... 13
- Fort McPherson ..... 14
- Inuvik ..... 16
- Paulatuk ..... 18
- Sachs Harbour ..... 19
- Tsiigehtchic ..... 20
- Tuktoyaktuk ..... 21
- Ulukhaktok ..... 22
- Regional ..... 23

Deh Cho Region ..... 25

- Fort Liard ..... 26
- Fort Providence ..... 27
- Fort Simpson ..... 29
- Hay River Reserve ..... 31
- Jean Marie River ..... 32
- Kakisa ..... 33
- Nahanni Butte ..... 34
- Trout Lake ..... 35
- Wrigley ..... 36
- Regional ..... 37

Tlicho Region ..... 38

- Behchoko ..... 39
- Gameti ..... 40
- Wekweètì ..... 41
- Whatì ..... 42
- Regional ..... 43

Sahtu Region ..... 44

- Colville Lake ..... 45
- Deline ..... 46
- Fort Good Hope ..... 47
- Tulita ..... 48

Treaty 8 Region ..... 49

- Fort Resolution ..... 50
- Fort Smith ..... 51
- Hay River/West Point ..... 52
- Lutsel K'e ..... 53

Yellowknife Region ..... 54

- Yellowknife, N'dilo, Dettah ..... 55

NWT Regional Projects ..... 57

# Introduction

The Northwest Territories Directions for Wellness Report is published annually by the Department of Health and Social Services, Government of the Northwest Territories. The 2006-2007 Direction for Wellness Report provides detailed information on six Federal First Nations and Inuit Wellness Programs implemented in 32 communities across the Northwest Territories between April 1, 2006 and March 31, 2007.

The following six wellness programs are included in the report:

- Brighter Futures
- Canada Prenatal Nutrition Program (CPNP – First Nations & Inuit Component)
- Aboriginal Diabetes Initiative (ADI)
- Fetal Alcohol Spectrum Disorder (FASD)
- First Nations and Inuit Tobacco Control Strategy (TCS)
- National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

These six wellness programs provide targeted funding to First Nations and Inuvialuit people in the Northwest Territories. All six programs are part of Health Canada's First Nations and Inuit Health Branch and are meant to specifically target First Nations and Inuit populations. The programs are meant to be for and run by First Nations and Inuit communities.

Two of the six programs (Brighter Futures and CPNP) have budget allocations for all communities in the Territory and almost all communities in the Territory accessed their allocations. The remaining four wellness programs are based on the submission of proposals and therefore, supported initiatives in selected communities only.

This report lists wellness funding and describes wellness initiatives by Region and community. The information provided is compiled using community reports. A chart outlining all wellness programs and their sponsoring agencies has also been provided.

The 2006-2007 report also contains a new section, "Featured Stories" which highlights in detail the activities and positive outcomes of one community project under each of the six Wellness Programs. This section is intended to help communities share information and programming ideas.

# Description of Wellness Programs

## Brighter Futures[1]

Brighter Futures is designed to assist First Nations and Inuit communities in developing community-based approaches to health programs. The purpose is to improve the quality of, and access to, culturally sensitive wellness services in the community. These services will in turn help create healthy family and community environments, which support child development. While the program is intended specially for First Nations and Inuit children from ages 0 to 6, it is recognized that children's needs cannot be separated from those of their families and community. There are a number of components to Brighter Futures: mental health; child development; injury prevention; healthy babies, and parenting skills. The communities determine their priorities and allocate their resources accordingly.

## Canada Prenatal Nutrition Program (First Nations and Inuit component) [1]

CPNP is a universally accessible program that helps communities to develop or enhance comprehensive services for pregnant women who may be at risk for their own health and the development of their babies. Projects promote breastfeeding, both initiation and continuation; aim to improve the diets of pregnant and breastfeeding women; and attempt to help women feed their infants appropriately for their age. The program has a component for First Nations and Inuit women.

## Aboriginal Diabetes Initiative (ADI)[2]

The Aboriginal Diabetes Initiative (ADI) is one of four main components of the Canadian Diabetes Strategy (CDS) announced by the Government of Canada in 1999. The overall goal of the program is to improve the health status of First Nations, Inuit and Métis individuals, families and communities. This is done through actions aimed at reducing the prevalence (rate) and incidence (reported cases) of diabetes and its risk factors. The general program objectives are to: increase awareness of diabetes, its risk factors, and ways to prevent diabetes and diabetes complications among all Aboriginal people; increase the practice of healthy eating and active living behaviours among First Nations, Inuit and Métis; increase the early detection of diabetes in First Nations and Inuit communities; improve the practice of diabetes self management; and increase ownership of diabetes programs and capacity to combat diabetes in First Nations and Inuit communities.

## Fetal Alcohol Spectrum Disorder Program [3]

The FASD Program has two goals: To reduce the number of babies being born with FASD (prevention); and to help make life better for children and families with FASD (intervention). The FASD Program funds activities that:

- Help those who may be at risk of having a baby with FASD
- Will help support parents, families, or caregivers of children with FASD
- Will help to identify, assess, and diagnose children with FASD
- Will provide education and training about FASD

Funding is targeted to First Nations and Inuit.

[1] Government of Canada (2001) Federal/Provincial/Territorial Early Childhood Development Agreement: Report on Government of Canada Activities and Expenditures 2000-2001.

[2] Aboriginal Diabetes Initiative, First Nations On-reserve and Inuit in Inuit Communities – Program Framework July 5, 2000 (Prevention and Promotion/Lifestyle Supports)

[3] Health Canada – First Nations and Inuit Health Branch (2004) Fetal Alcohol Spectrum Disorder (FASD) Program Guidelines and Application Forms. Program Expansion for 2004-2005.

## First Nations and Inuit Tobacco Control Strategy Funding (FNIHB)[4]

The purpose of this funding is to reduce the non traditional use of tobacco and smoking by raising awareness of the dangers of smoking among Aboriginal Peoples. The funding supports activities that increase the capacity of First Nations and Inuit communities to address tobacco issues, and that encourage First Nations and Inuit communities as leaders in tobacco control strategies. The program also supports activities aimed at decreasing the uptake of tobacco smoking, the prevalence of tobacco smoking and the impacts of environmental tobacco smoke.

## National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

The National Aboriginal Youth Suicide Prevention Strategy addresses the high rates of youth suicide and its risk factors among Aboriginal youth by increasing protective factors while reducing known risk factors. The program provides First Nations and Inuit communities with opportunities to design, develop and participate in projects to reduce suicide within their communities.

[4] Department of Health and Social Services, Government of the Northwest Territories http://www.hlthss.gov.nt.ca/Features/Programs_and_Services/progandserv.htm

## Brighter Futures

The Rachel Reindeer Camp
Sponsoring Agency: Inuvik Native Band

**Sir Alexander Mackenzie School**

Each year, the Inuvik Native Band works in partnership with the Sir Alexander Mackenzie School (SAMS) to offer the Rachel Reindeer Camp to all students attending the school (approximately 400). The focus of the camp is to expose the students to life on the land and teach them about the traditional Gwich'in values and lifestyle. The camp includes traditional teachings about life on the land, the Gwich'in language, and Gwich'in traditions and values.

The program runs each year usually during the month of March and divides the students by grade. This is important as it allows for the teaching to be targeted therefore ensuring that the lessons are age appropriate and that each year students attend, they build upon the skills they acquired the previous year. In this way, it is a new experience for each student each year they attend. Each grade (junior kindergarten to grade 8) travels to the camp for one day of age targeted learning.

During the camp, the younger students learned about wildlife patterns, recognition of various animal tracks, and animal habits. The older students practiced traditional trapping skills such as snare setting and checking snare lines, and survival and shelter-building skills. In addition to the age specific teachings, all students took part in traditional crafts and outdoor activities like snowshoeing and sliding. Other activities included storytelling by elders, hiking, and learning about the traditional and medicinal uses of native plants.

The program made good use of community partners by getting parents, teachers and other community members involved in the planning and running of the camp. The skills that the students learned during their camp experience are vital to their cultural identity as well as to keeping the Gwich'in culture strong. All students gained an increased appreciation of their cultural heritage and an increased sense of self worth and self esteem. All students are now able to see themselves as part of an aboriginal group with strong traditions and cultural values.

The Rachel Reindeer Camp is an example of best practice in that it builds self-esteem in children through the strengthening of a cultural identity. This creates a sense of pride in their culture and a desire to protect it and ensure it stays strong for generations to come.

## Canada Prenatal Nutrition Program

Lutsel K'e Prenatal Project
Sponsoring Agency: Lutsel K'e Dene First Nation

The Lutsel K'e Dene First Nation offered a Canada Prenatal Nutrition Program (CPNP) utilizing the expertise and skill of the local Community Health Representative (CHR) as the Program Coordinator.

The program was very popular and attracted pre and post natal women as well as women who were not pregnant but were in childbearing years to the program activities. On average about eleven women attended the program on a regular basis. The program activities consisted of standard core programming elements of the CPNP program such as cooking classes and educational sessions on a variety of topics including FASD, the food guide, budgeting and nutrition. The program also included home visits from the Coordinator, grocery store tours, and food vouchers.

In addition to these core program elements, the Coordinator (the local CHR), incorporated traditional culture and on the land practices into the program content. The Program Coordinator included a component around traditional plants and land medicines. In the spring she went out into the bush weekly to collect different land medicines for the classes. Once she collected them she taught the women what the plants could be used for and for what length of time they should be used for and kept. She also took the women out on the land to learn about and harvest these medicines themselves.

In addition to this, there was a strong emphasis placed on the use of traditional foods in the program. Women were taken out on the land to harvest fish and berries for use in the program. They learned how to prepare and cook traditional food and also made homemade jam from berries they picked.

The on the land components of the program as well as the emphasis on traditional culture and the use of elders in teachings all combined to make a successful and relevant program for the women of Lutsel K'e. Traditional knowledge was passed down to the women and they have gained skills that will enable them to be self sufficient and make healthy traditional choices for themselves and their babies.

## Aboriginal Diabetes Initiative

### K'alemi Dene School Ts'eko Circle & Dozhii Group

Sponsoring Agency: Yellowknives Dene First Nation

The K'alemi Dene School has been running the Ts'eko (girls') Circle & Dozhii (boys') Groups for the past five years. These groups grew out of a need to build relationships with students and ensure that educational needs beyond the school day were met. The program targets diabetes through organized physical activity and targeted teachings about making healthy choices.

Running throughout the school year, the program was held each Wednesday after school between 4:00 and 5:30 pm. The program alternated between activities for girls one week and activities for boys the next. Approximately 25 – 30 girls and boys attended each weekly session. All activities worked at increasing the overall health and wellness while also teaching valuable lessons about healthy lifestyles and cultural traditions.

Activities offered were generally the same for both girls and boys. For example, all children who attended participated in organized physical activity such as hiking, swimming, bowling, sliding, and horse back riding. All children also participated in healthy living activities such as learning to make healthy and nutritious snacks and why they are good for you. The lessons around healthy eating were interactive and taught the children how to safely work in the kitchen and to safely prepare and cut food. All activities helped the children to become familiar and comfortable with various healthy foods such as fruits and vegetables.

Some activities were specific to either the girls or the boys. For example, the Dozhii Group participated in individual dog sledding lessons and experienced what it would be like to be a musher. The Ts'eko Circle learned how to make bannock from scratch including how to make the mix, kneed it, cut it, and bake it. These gender specific activities helped the children involved to build their self esteem as they learned traditional cultural roles. They also set a positive example for other community youth about the importance of remaining physically active and of making healthy lifestyle choices.

The successes of the project were shared with the community via the school newsletter and a year-end slideshow and ceremony.

## Fetal Alcohol Spectrum Disorder Program

### Hear Our Voices: Snapshot of Dene Youth Perspective on FASD

Sponsoring Agency: Dene Nation

Fetal Alcohol Spectrum Disorder (FASD) refers to the range of disabilities that can occur as a result of a woman drinking while she is pregnant. It is difficult to have an absolute picture of the scope of the problem in the NWT but few would argue that there are many children living in the NWT who are affected by FASD. However, FASD is 100% preventable and so it is important to ensure that programming is available to assist women to abstain from alcohol use during their pregnancies.

There is a need to create effective programming for youth around preventing FASD. The Dene Nation ran a series of consultations with Dene youth (ages 14-17) from around the territory in order to gain their feedback and insight into the issue. The underlying philosophy was that, in order to design effective programming for youth, it is first important to understand what they understand about the issue of FASD. You do not know what they need until you know their thoughts, beliefs and behavioural motivators.

The Hear Our Voices: Snapshot of Dene Youth Perspective on FASD project consisted of a series of five one-day workshops in Dene communities around the Territory (Aklavik, Ft. Good Hope, Ft. Providence, Behchoko, and Ndilo). The project focused on both consultation and education by asking youth for their thoughts and opinions, as well as on teaching the youth about FASD and how to deal with peers who may be affected. The goal was to gather the perspectives of Dene youth on the issue of FASD and their thoughts on the types of programs that should be implemented in order to prevent FASD among youth.

The workshops were held in local high schools in order to maximize the number of youth who would participate. The youth were provided with the opportunity to offer their insight through group discussion of a series of questions. The questions included the following: Why do youth drink? What can be done to help reduce youth drinking? How would you react if saw a pregnant woman drinking? What are some indications that someone is affect by FASD? What can you do to support a person affected by FASD? Their answers were extremely revealing in regards to how youth think about alcohol, its use and how it affects behavior.

The Dene Nation's hope is that the information contained in the final report will be utilized for larger, territorial wide FASD Strategies and programming. Because the target group has been consulted, the resultant programming will be much more relevant and will be more likely to produce positive outcomes.

## National Native Alcohol & Drug Abuse Program

### Crack Cocaine Training for Primary Community Care Providers

Sponsoring Agency: The Yellowknife Health & Social Services Authority

**Booth at the Crack Cocaine Symposium held in April of 2007 at the Tree of Piece Yellowknife**

The Yellowknife Health & Social Services Authority decided to hold a one day training session on crack cocaine for its Primary Community Care Providers. This was decided based on a number of requests for information on the topic from front line workers. The Authority wished to ensure that the staff were fully equipped to handle the needs of the people of the Region. The Authority had heard concerns from staff that they felt unsure of how to handle clients who were involved with these drugs. Moreover, some of the workers were not even sure what the drugs were as they have only recently become prevalent in the North.

Although the training did not occur during the current fiscal year 2006-2007 (it was scheduled for the very beginning of the next fiscal year), the Authority made sure to begin planning well in advance. When planning a large workshop or conference such as this, it is important that planning is organized and thorough with attention paid to the needs of the intended audience. In order to make the workshop relevant and meaningful to the front line workers who would attend, the Authority wished to ensure that the workshop was relevant to the context of life and work in the North.

In order to do this, the Authority assembled a planning committee for the conference comprised of various key stakeholders including representatives from bands, youth centres, and front line services. The planning committee worked together to create an agenda that met the needs of all involved. It was decided to include crystal methamphetamine in the workshop as studies of drug patterns in cities have shown that once crack cocaine appears, crystal meth often follows. In this way, participants would be prepared for future needs of the population.

The planning committee made sure to work with the workshop facilitators to develop the content of the workshop, again to ensure it was relevant to the northern context. This involved frequent conversations as the content took shape and the workshop designed.

The planning committee also utilized local partners such as the Tele-care program to donate conference package items such as pens and handouts. This helped to provide the participants with a complete package but it also saved money as items like pens did not have to be purchased. In addition, this helped to create awareness among the participants of the other services available in the NWT.

By March 31st, 2007 the major conference planning tasks had been accomplished and the overall objectives for the planning stage were met. The committee and contractor had the agenda and all presenters confirmed, the format for the day finalized, and registration had started. The planning committee's expectation of the interest in the symposium was exceeded.

When the conference occurred in April 2007, it was a huge success. Approximately 210 front line staff from various government and non government organizations attended. The feedback received was extremely positive.

## Injury Prevention

### Boating Safety – "Safe in a Swim Vest" Loaner Program

Sponsoring Agency: Beaufort-Delta Health & Social Services Authority

The Beaufort-Delta is a region where the majority of communities are situated on a body of water and where being on the water is an integral part of the traditional lifestyle. Every year in the NWT lives are lost due to drowning. As a result, safety around water, particularly for children, is a concern. In an effort to decrease injury and or death, the Beaufort Delta Health & Social Services Authority (BDHSSA) began work on the implementation of a swim vest loaner program for children in the Beaufort-Delta.

In the hopes of increasing use of swim vests (lifejackets) in children aged 0-6, the BDHSSA began preparation to implement a pilot swim vest loaner program to begin in the summer of 2007. The program would consist of loaning parents swim vests to use for their children while on the water. Once they were finished with the vests, they would return them so that another family could borrow them. Although the program would not be implemented during the 2006-2007 fiscal, there was still a great deal of work to be done in order to ensure the program would be a success upon implementation.

Swim vests were purchased and provided to all Beaufort Delta communities (Aklavik, Tsiigehtchic, Tuktoyaktuk, Paulatuk, Sachs Harbour, Ulukhaktok, and Fort McPherson). Upon receipt of the swim vests, each community was responsible to create an implementation and communications plan for the pilot program. Community members (typically the local CHR) worked to create a plan for advertising the program to the community so that people would know about the program once the summer came, and so they would know where to go to borrow the swim vests. The CHR's also came up with a plan for where the swim vests would be kept, who would hand them out and how to monitor the loaning of the vests.

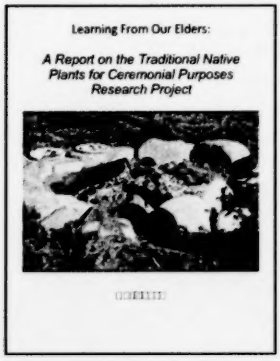
To supplement this work done by CHR's, posters with the program slogan, "Safe in a Swim Vest" were created to advertise the program. The posters featured local CHR's, safety messages and where to pick up the swim vests. In some communities, the CHR's handed the posters out on a door-to-door basis to every home to ensure that any questions about the swim vests were answered.

When the program was launched in the summer of 2007, it was extremely successful with many parents taking advantage of the swim vests provided. Communities in other regions of the NWT are looking forward to implementing their own loaner programs in the next fiscal year.

## Tobacco Control Strategy

### Learning From Our Elders: A Report on the Traditional Native Plants for Ceremonial Purposes Research Project

Sponsoring Agency: Dene Cultural Institute

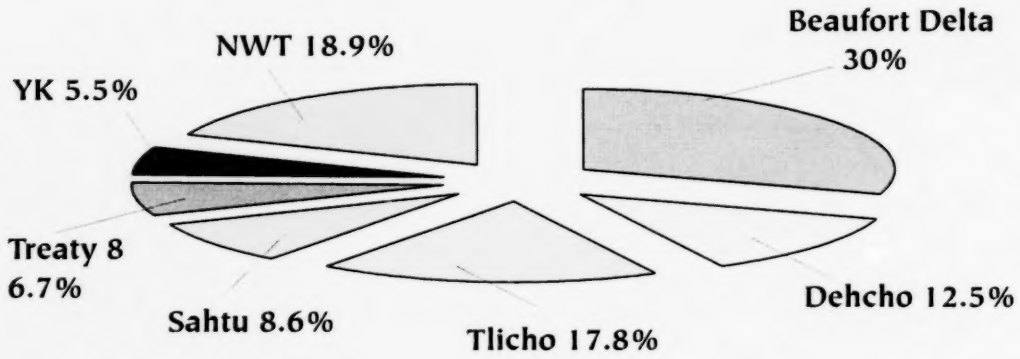



In the fall of 2006, the Dene Cultural Institute (DCI) conducted a study on traditional native plants that were used for ceremonial purposes amongst the Dene people of the Northwest Territories. Tobacco was not always present in the North and therefore, plants other than tobacco were used in traditional Dene ceremonies. The goal of the study was to understand the ceremonial plants used prior to the introduction of tobacco and to facilitate the use and reintroduction of traditional, non-tobacco plants in Dene ceremonies. Information was gathered both by interviewing Elders and traditional healers from across the NWT and also by conducting a literature review.

Elders from all five regions of the NWT were interviewed for the study. The elders involved were identified by regional and community organizations. The Elders revealed that the types of plants used prior to the introduction of tobacco differed depending on the region and also depending on the individual person involved. However, despite these differences, there were many consistent practices. The elders explained that plants such as red willow, fireweed, birch and Labrador tea were commonly used as ceremonial offerings. Food items such as meat, fat and specific parts of an animal were also used.

The final report on the study outlines all the information gathered and uses pictures to help clearly identify the plants found in the NWT that were traditionally used as ceremonial offerings. It is hoped that this format will allow people to easily harvest those plants for use in ceremonies today.

## Wellness Initiatives 2006/2007 NWT Regional Projects

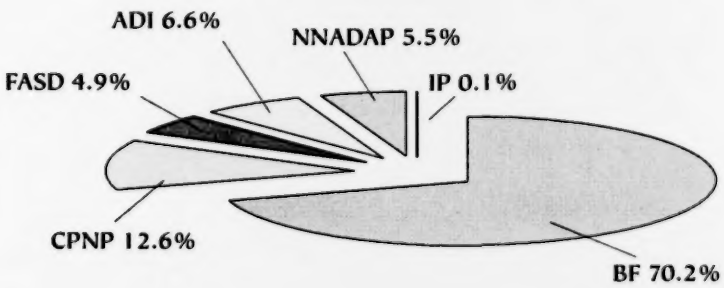


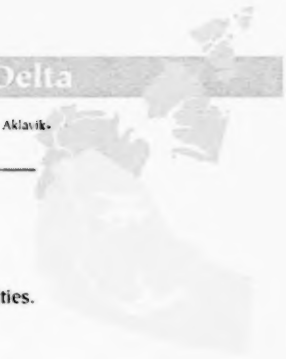

## Overview of 2006/2007 Wellness Funding by Region

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Beaufort Delta | 1,089,392 | 196,087 | 1,350 | 103,132 | 75,292 | | 85,735 | | 1,550,988 |
| Deh Cho | 485,220 | 93,872 | | 35,035 | | | 30,286 | | 644,413 |
| Sahtu Region | 366,118 | 68,360 | | | | | 10,280 | | 444,758 |
| Tlicho Region | 441,430 | 110,642 | | 41,601 | 41,823 | 44,850 | 191,614 | 48,035 | 919,995 |
| Treaty 8 Region | 280,733 | 56,480 | | | | | 10,070 | | 347,283 |
| Yellowknife Region | 135,425 | 31,618 | | 6,411 | 64,370 | | 47,696 | | 285,520 |
| NWT Regional | 8,000 | 260,284 | 38,051 | 237,047 | 50,850 | 181,086 | 84,728 | 63,069 | 923,115 |

## Beaufort Delta Region - 2006/2007 Funding

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Aklavik | 154,375 | 29,122 | | | | | | | 183,497 |
| Fort McPherson | 229,176 | 36,939 | | | | | | | 266,115 |
| Holman | 65,516 | 16,879 | | | | | | | 82,395 |
| Inuvik | 271,854 | 20,610 | | | | | | | 292,464 |
| Paulatuk | 32,094 | 18,756 | | | | | | | 50,850 |
| Sachs Harbour | 19,675 | 8,709 | | | | | | | 28,384 |
| Tsiigehtchic | 19,943 | | | | | | | | 19,943 |
| Tuktoyaktuk | 175,616 | 24,605 | | | | | | | 200,221 |
| Regional | 121,143 | 40,467 | 1,350 | 103,132 | 75,292 | | 85,735 | | 427,119 |






## Brighter Futures

### Aklavik Indian Band

#### Program Management

- A Program Coordinator was hired to coordinate and oversee all Brighter Futures activities.

#### Community Mental Health

- Elders, youth, and community members took part in the Traditional Education On-the-Land Cultural Experience program. They learned how to prepare camp, including starting a woodstove, hauling water, setting traps, working with animals, cleaning camp, and storing food.
- A Traditional Moose Hide Tanning Workshop was held to explain/teach methods of: stretching the hides, fleshing the hides, preparing solution to apply to the hide, tools and supplies, wood to smoke hide, and actual tanning.
- A Recreation Coordinator was hired to work out of Youth & Family Centre in order to coordinate activities for the youth in the community.
- A youth councilor was elected to the Aklavik Band Council to represent the interests of youth in the community, and to provide a balance in the traditional and modern ways of doing business.

### Inuvialuit Regional Corporation

#### Program Management

- A Wellness Worker coordinated all wellness programs.

#### Community Mental Health

- Eight youth got to take part in the Hershel Island Summer Host Program, which ran through the summer and enabled the youth to gain survival experience and knowledge from elders.
- Brighter Futures supported the Mad Trapper Carnival, which allowed community members to get involved in positive activities.
- On-the-Land Programs such as the Spring Caribou Hunt, Char Fishing and Fall Caribou Hunt, and Fishing and Whaling projects ran throughout the year and enabled youth to learn skills from experienced hunters and elders.
- Parents and children attended a Family Nights Program and took part in various activities, traditional games, singing and nutritional snacks.
- An Assistant Recreation Coordinator helped coordinate, plan, and organize activities for the youth.
- A Women's Sewing and Storytelling Class was held for women to sew traditional clothing for their families. They made mitts, mukluks and other items that they knew the family needed.
- Brighter Futures supported the Muskrat Unit where students from grade K-9 benefited greatly from hands on experience with the elders who taught them how to kill, skin, and stretch a muskrat.

#### Child Development

- A Nutritional Snack Program was provided to students from preschool to grade 2 at Moose Kerr School.
- A Breakfast and Snack Program provided all students of the Moose Kerr School from grades K-12 a nutritious daily breakfast.

## Canada Prenatal Nutrition Program

### Aklavik Indian Band

- A total of four cooking groups were held. Nutrition was talked about as part of the program on a group basis. Other services offered included prizes or incentives, food vouchers, and food supplements or meal bag program.

### Inuvialuit Regional Corporation

- A total of 40 cooking groups were held with an average of six prenatal, postnatal and/or breastfeeding women and two non-pregnant women in attendance every week. Nutrition was talked about as part of the program on a group basis and on a grocery store tour. A total of four separate education sessions were held. Approximately six prenatal, postnatal and/or breastfeeding women and two non-pregnant women of childbearing age attended each session. Breastfeeding support from other women was provided. Other services included food supplements or Meal Bag Program, childcare, transportation, home visits, food vouchers, and prizes or incentives.

# Fort McPherson – Population: 787 Beaufort Delta

## Brighter Futures

### Tl'oondih Healing Society

#### Program Management

- The Brighter Futures Coordinator provides administration and coordination to all Brighter Futures programs.

#### Community Mental Health

- In December 2006 a Suicide Prevention & Trauma Workshop provided suicide prevention knowledge, as well as coping skills for dealing with trauma, to approximately 50 youth.
- The Midway Lake Dry Weekend and Music festival was held from August 5-7, 2006 with good participation from about 300 community members and surrounding communities. The goal was to emphasize sober family activities.
- A Community Wellness Newsletter was published and distributed throughout the community on various activities that focused on mental and physical health issues.
- Brighter Futures supported the Social Skills Program for the children at Chief Julius School. The Social Skills Program focused on providing the students with pro-social skills through traditional ways to encourage healthy development away from crime and substance abuse.
- The On-the-Land Program, which is a portion of the Social Skills Program, took place from March 5 – March 31, 2007. Forty-five children were exposed to cultural, traditional activities that have been combined with more modern activities to provide the children with a balanced, new way of learning.
- Another portion of the Social Skills Program is the Morning Program where between 20 and 40 children attended throughout the school year on a daily basis. The program consisted of Elders and positive role models interacting with students at the school, as well as the serving of a nutritious breakfast.
- During National Addictions Awareness Week, community members of all ages were made aware of the physical and emotional effects of drugs and alcohol.
- In July, the Peer Counselling Program taught twelve youth how to mentor each other to lead healthy lifestyles refraining from drugs and alcohol.

## Canada Prenatal Nutrition Program

### Tl'oondih Healing Society

- A total of ten cooking groups and twenty-four separate education sessions were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Breastfeeding sessions and activities were offered. Other services offered included games, food supplements or meal bag program, prizes or incentives, home visits, food vouchers, and a community feast.

## Brighter Futures

### Inuvik Native Band

#### Program Management

- The Project Coordinator provided support and administration to all the Brighter Futures projects.

#### Community Mental Health

- Approximately 400 students who attend the Sir Alexander Mackenzie School participated in the Rachel Reindeer Camp. The children learned the Gwich'in language, traditional crafts, survival and shelter-building skills, wildlife patterns, use of plants, and outdoor activities such as snowshoeing and snare setting.
- Between seven and twelve participants took part in the weekly Traditional Sewing Program.
- An On-the-Land program for 42 youth took place in March 2007. The youth learned traditional crafts, games, and skills with an emphasis on living well.

### Inuvialuit Regional Corporation

#### Program Management

- A Wellness Worker coordinated all wellness programs pertaining to Brighter Futures in the community.

#### Community Mental Health

- The annual Muskrat Jamboree was held with activities such as muskrat skinning, tea boiling, and a jigging contest for all ages. There were also drum dances, fiddle dances and a talent show for all ages.
- The Inuvik Summer Day Camp allowed children to gain developmental skills in many ways such as, arts and crafts, performing, and sports.
- Brighter Futures supported a youth and an elder to teach children and youth about arctic sports activities. The sports included were one-foot high kick, two-foot high kick, arm reach, arm pull, head pull, musk-ox fight, and other various traditional games.
- Community hunters took six youth on the land for the Caribou Harvest and taught the youth how to harvest, butcher, and preserve the meat while on the land.
- About 40 skaters registered and attended regularly in the Ice Time program for children 5 and over.
- Community members took part in a Sewing Class where they made traditional clothing such as mitts and mukluks, while being taught Inuvialuktun.
- Elders taught children and the community about traditional Inuvialuit Drum Dancing. Children developed a sense of pride in their culture and learned more of their language. Youth participants were provided with drum dance parkas.
- Brighter Futures supported the Ice-Freeze Up program to show five participants how to traditionally survive on land during ice-freeze up season.
- From May-September 2006 the Drug Awareness program educated youth weekly about the effects of different drugs.
- The Building Healthy Lifestyles Program enabled children to run a gardening club from May to September, where the participants learned how to grow and harvest their own vegetables.
- Brighter Futures supported the Shelter Program and it provided safety, shelter, and food for about 24 women and 40 children.
- Elders taught youth traditional trapping skills in the Trapper Training and Land Skills Program.
- Brighter Futures supported the purchase of Children's Resources that could be used when health professionals provided education, daycare, victim, family violence, or youth programs/services.

### Child Development

- Kindergarten students at the Sir Alexander Mackenzie School (SAMS) were provided with a healthy snack every morning and afternoon from Monday to Thursday. This enabled them to keep focused on their schoolwork throughout the school day.
- The Sir Alexander Mackenzie School breakfast program provided all students with a healthy breakfast.
- The Samuel Hearne Secondary School Breakfast Cart Program promoted daily health and nutrition among the students. An average of 50 students attended the Breakfast Cart Program daily.
- An Aboriginal Language Assistant provided support for the kindergarten students at the SAMS school in the Inuvialuktun Language.
- Kindergarten Screening was supported to give sixty-six kindergarten children needed school supplies.
- The Child Development Centre Snack Program provided a healthy snack to students at the Sir Alexander Mackenzie School throughout the year. The healthy snacks and lunches served daily were geared towards the use of traditional foods. Non-aboriginals also benefited from this by gaining knowledge to help break down any existing stereotypes and racial barriers.

## Canada Prenatal Nutrition Program

### Ingamo Hall Friendship Centre

- Both the Inuvialuit Regional Corporation and the Inuvik Native Band transferred their CPNP funds to the Ingamo Hall in order to run a CPNP program for the entire community. In the program there were a total of 44 cooking groups held. Approximately five prenatal, postnatal and/or breastfeeding women and four non-pregnant women of childbearing age attended each cooking session. Nutrition was talked about as part of the program on a group and one-to-one basis as well as through surveys, games, and quizzes. A total of 42 separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included games, childcare, food supplements or Meal Bag Program, transportation, a community feast, and prizes or incentives.

## Brighter Futures

### Inuvialuit Regional Corporation

#### Program Management

- A Wellness Worker coordinated all wellness programs in the community.

#### Community Mental Health

- Children and youth were taken out on-the-land during the spring and summer to learn survival and traditional navigational skills, as well as hunting, fishing and trapping skills.
- Six students participated in the Swimming Lessons program which taught them safety precautions around open water and how to swim.

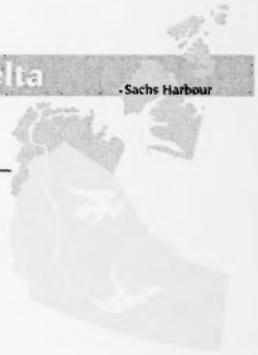
#### Child Development

- Brighter Futures supported the hiring of two staff members to prepare and serve breakfast each morning to an average of 30 students at the Angik School.

## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- A total of 35 cooking groups were held with approximately five prenatal, postnatal and/or breastfeeding women and two women of childbearing age in attendance. Nutrition was discussed as part of the program on a group basis as well as through games and quizzes and a grocery store tour. A total of ten separate education sessions/activities were held. Other services offered included games, food supplements or Meal Bag Program, prizes or incentives, and a community feast.




## Brighter Futures

### Inuvialuit Regional Corporation

#### Program Management

- A Wellness Worker coordinated all wellness programs in the community.

#### Community Mental Health

- Brighter Futures supported the Spring Break Festivities in May 2006.
- A Swimming Program was held for children to aid them in developing the required skills needed when living by the ocean.
- The Alcohol/Drug and FASD Awareness program gave youth insight into the harmful effects of alcohol and drugs.
- The Community Action Plan taught the children and youth life skills and traditional knowledge as well as providing the community with opportunities to work together.
- A celebration for National Child Day was held to recognize all children in the community.

## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- Services offered included food supplements or Meal Bag Program, home visits, and twenty-six food hampers.

## Brighter Futures

### Gwichya Gwich'in Council

#### Community Mental Health

- A Sewing Program was offered to adults and youth in the community. Youth projects included sewing machine operation and basic maintenance, placemat design and production, and a fleece sweater with embellishment. Adult projects included pattern making, delta braid on wall hangings, canvas bags, alterations, caribou hair tufting, beading, cutting and assembling a vest, gauntlets and muskrat mittens, wall hangings, tea cozies, and table runners and placemats.
- On-the-land cultural trips were made to Bathing Lake with Tsiigehtchic elders and youth. The elders taught the youth how to look after camp and their snowmobiles, set up traps for marten and wolverine, how to cook wild food, and how to mark trails and cut out trails. This trip was especially successful as it was the first group of people in that area in twenty years.

## Brighter Futures

### Inuvialuit Regional Corporation

#### Program Management

- A Program Administrator was hired to coordinate all wellness programs, including Brighter Futures. The coordinator also helped community members with proposal writing to apply for funding.

#### Community Mental Health

- The Youth Activities Assistant assisted in the delivery of programs at the Jason Jacobson Youth Centre.
- Brighter Futures supported 44 children to register in Minor Hockey. This enabled them to be active in the community and to keep themselves busy with sports.

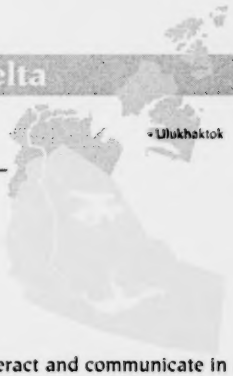
#### Child Development

- Daily breakfast was served to approximately 95 students who attended the Mangilaluk School.
- The Infants and Toddlers Program at the Tuk Child Development Centre provided quality childcare to children from birth to age three. This made the community better because children could learn in a more positive environment, which would enable them to have a healthier lifestyle throughout their lives.

## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- Approximately 40 cooking groups were held. On average seven prenatal, postnatal and/or breastfeeding women and two non-pregnant women attended the cooking groups. Nutrition was talked about as part of the program through games, quizzes, handouts, and a grocery store tour. A total of eight separate education sessions/activities were held. Women in the program offered breastfeeding support to one another. Other services offered included childcare, games, food supplements or Meal Bag Program, transportation, prizes or incentives, a community feast and food




## Brighter Futures

### Inuvialuit Regional Corporation

#### Program Management

- A Wellness Worker coordinated all wellness programs in the community.

#### Community Mental Health

- A Youth Drop In program was set up through Brighter Futures. This allowed youth to interact and communicate in a positive way and to avoid negative influences such as drugs and alcohol.
- A Traditional Sewing Program gave the community members the opportunity to make traditional clothing such as baby bunting bags, mukluks, and little parkas for children.
- A Skill Teaching Program was provided for young boys to learn how to make chisels and other tools needed to survive out on the land.
- In the Older Worker Project a local elder assisted the Inuinnaqtun Language Instructor at the community school with Inuinnaqtun language programs that were taught to the students.

#### Child Development

- The Quick Start Breakfast program provided a daily healthy breakfast to children attending the Helen Kalvak Elihakvik School.

## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- Approximately 36 cooking groups were held. Nutrition was talked about through handouts and grocery store tours. Two separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included childcare, games, food supplements or Meal Bag Program, prizes or incentives, and a community feast.

## Brighter Futures

### Inuvialuit Regional Corporation

- A Regional Wellness Coordinator provided coordination and administration support to all Inuvialuit Settlement Region community Brighter Futures projects.

## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- A Regional Wellness Coordinator provided coordination and administration support to all Inuvialuit Settlement Region community CPNP projects.

## National Native Alcohol and Drug Abuse Program

### Beaufort Delta Health & Social Services Authority

- Approximately 75 people attended the Beaufort-Delta Addictions Conference, which included five days of training. The training focused on social and psychological factors predisposing the Beaufort Delta communities to addictions and on resolving these issues. Seven communities in the Region sent the people who they considered to be leaders to be trained. Both southern and northern-based facilitators led the sessions.

## Injury Prevention Projects

### Beaufort Delta Health and Social Services Authority

- Seven communities in the Beaufort Delta were provided with child swim vests and an implementation plan in order to pilot loaner programs. These programs allow parents to borrow lifejackets for their children to use while on the water. After they are finished, they return them to the program so that they may be lent to another family.

## Fetal Alcohol Spectrum Disorder

### Gwich'in Tribal Council

- An FASD Coordinator was hired on a part time basis to provide services to the Gwich'in Settlement Area. The Coordinator made herself visible to community members through a community newsletter and through visiting community organizations such as band councils, schools, and CPNP programs. The Coordinator increased her own skills and updated available FASD resources by attending a workshop in Yellowknife.
- Information sessions were held in the communities with an average of 10 participants. The sessions allowed for questions to be answered correctly.
- To raise awareness, posters were created featuring local mothers and their healthy babies.
- Traditional Parenting Workshops were held in Ft. McPherson and Tsiigehtchic.

### Inuvialuit Regional Corporation

- The FASD Coordinator worked in conjunction with other agencies to plan and deliver the "Beaufort Delta Addictions Conference" of which FASD was a component in the form of a training session where 17 people participated. The through distance learning and teleconferences with Yukon College instructors.

## Aboriginal Diabetes Initiative

### Gwich'in Tribal Council

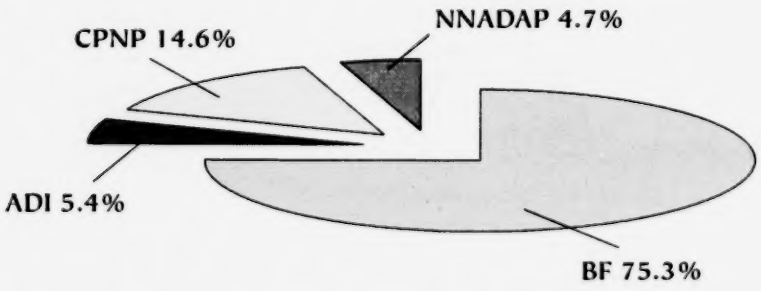
- A Regional Diabetes Coordinator was hired and worked to make herself known in the community. She did this through visits to schools and councils as well as by participating in a weekly radio show during which she discussed tips on maintaining a healthy lifestyle for the prevention of diabetes.
- A diabetes cookbook was developed and will be printed and distributed by the Gwich'in Tribal Council in the next fiscal year.
- Community Kitchen projects were held in three different communities including Aklavik, Ft McPherson, and Inuvik. In each community the project introduced healthier ways of preparing traditional foods such as caribou stir-fry and whole-wheat bannock. The Community Kitchen allowed for teaching participants how to prepare and cook different meals with the use of healthy cooking choices such as Becel Oil, Splenda Sugar, whole-wheat flour, and half the amount of salt.
- Community Traditional Feasts were held in all communities utilizing healthy and nutritious foods, which were both store bought and traditional.
- Contributions were made to four regional communities to host their own diabetes events. The funds were an opportunity for each community to develop a small pilot project such as community kitchens, support groups, or purchasing activity books for schools or homes.

### Inuvialuit Regional Corporation

- The Community Diabetes Coordinator helped all six IRC communities start local community awareness events. These events included such things as healthy food baskets, healthy picnics, cooking classes and active living projects.
- Local active living and diabetes prevention events were held in Inuvik, which included an information table at a community gathering.
- Diabetes pamphlets were mailed out to community members.
- The Coordinator participated in the Inuit Diabetes Network. The main goal of the Network during the year was to develop an Inuit specific prevention resource.

## Deh Cho Region – 2006/2007 Funding

| | | | | | | |
|---|---|---|---|---|---|---|
| Fort Liard | 58,073 | 12,418 | | | | 70,491 |
| Fort Providence | 120,305 | 27,777 | | | | 148,082 |
| Fort Simpson | 152,603 | 30,464 | | | | 183,067 |
| Hay River Reserve | 60,105 | 4,631 | 8,250 | | | 72,986 |
| Jean Marie River | 15,518 | | | | | 15,518 |
| Kakisa | 6,712 | | | | | 6,712 |
| Nahanni Butte | 14,880 | 6,487 | | | | 21,367 |
| Trout Lake | 13,456 | 3,877 | | | | 17,333 |
| Wrigley | 43,568 | 8,218 | | | | 51,786 |
| Regional | | | 26,785 | | 30,286 | 57,071 |



## Brighter Futures

### Acho Dene Koe First Nation

#### Community Mental Health

- The Youth Centre Program provided various activities for youth at the Youth and Family Centre. Activities included popcorn and video night, craft night, and making wrap-around slippers. One full-time and one part-time Coordinator were hired to work out of the Youth and Family Centre.
- Youth Committee/Circle were active meetings that were held once a month. Youth took part in educational activities and watched educational videos.
- Brighter Futures supported Family Violence Awareness Week activities in the community. Members attended workshops, movies, presentations, and skits on the topic. There were also discussion panels and a march to identify abuse and violence as well as tools to stop it.

#### Child Development

- A Breakfast Program was provided for over 40 students at the Echo-Dene School. Breakfast was served each day by the local RCMP, which ensured a positive relationship between local youth and police. This will increase the likelihood that youth will go to the RCMP when they have problems.

## Canada Prenatal Nutrition Program

### Acho Dene Koe First Nation

- A total of four cooking groups were held with approximately six prenatal, postnatal and/or breastfeeding women in attendance each time. Nutrition was talked about as part of the program on a one-to-one basis and through home visits. Breastfeeding information was offered. Other services offered included childcare and games.

## Brighter Futures

### Deh Gah Got'ie Dene Council

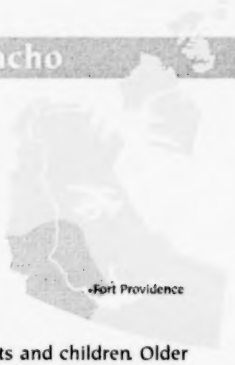
#### Program Management

- A Brighter Futures Coordinator was hired to deliver Wellness programs to the community members.

#### Community Mental Health

- The Brighter Futures Coordinator was supported to attend the 2006 Sexual Abuse Conference in Edmonton. This conference gave the coordinator insight on residential school sexual abuse, how to deal with sexual abuse, and how to help sexual abuse victims. The coordinator will be able to apply and share this knowledge in the community.
- The 2006 Youth Summer Program provided about 12 youth per day with activities encouraging values of caring, honesty, respect, and responsibility. The program ran through the months of July and August 2006.
- In August, 2006, 22 community members traveled to a spiritual gathering in Wrigley, NT.
- The Moose Hide Tanning Program took place from July to September 2006.
- Brighter Futures supported ten youth to attend the Dreamcatchers Aboriginal Youth Conference in Edmonton. The conference took place in October 2006 and youth attended different workshops on self-esteem and culture.
- An On the Land Program was held in September 2006 for forty-one youth and elders. Participants learned from one another in a traditional environment.
- Fifteen participants were involved in a Traditional Garment Making program from October – November 2006, where they made beaded jackets or vests.
- Ten preschool children accompanied by a parent attended a Drum Making Workshop taught by two community members.
- Twenty women attended a Slippers Making Workshop throughout November and December 2006.
- Three Healing Workshops were held over the course of the year with a total of 210 community members participating.
- Brighter Futures supported a Substance Abuse & Awareness Program. Community members can borrow educational materials that have to do with safety and solvent abuse.
- A Grieving Workshop took place in March 2007 for fifteen participants. Participants ranged in age from 11 to 50 and benefited by identifying grieving tools such as relaxation, drumming/drum songs, reflexology, facial treatment, and one on one communication.
- Twelve youth took part in a Youth Conference for a week in March 2007.
- In March the Leadership and Empowerment, Medicine Wheel, and Alcohol/ Drug Awareness Conference taught thirty-five participants substance safety and education.
- Three Training and Capacity Building Workshops for youth took place in the summer of 2006. They were: Youth Regional Dene Games, Youth Self-Esteem, and a Safety Course.
- Brighter Futures supported a Traditional Honour Ceremony to celebrate the preschool children's passage to kindergarten. Nine children were honored for completing the Head Start Program in front of their parents and community.
- In November 2006, 15 youth aged from 13-19 traveled with four chaperones to attend The Youth Conference/Aboriginal Youth Career Fair. Many Aboriginal role models in interesting careers encouraged youth to consider their careers as potential options.

## Fort Providence– Population: 814 — Dehcho




### Child Development

- Approximately 30 preschool children traveled on the land with Elders as part of the Traditional and Cultural Learning spring and fall camps. The children learned about their culture, the land and language of the Dene.
- The School Breakfast Program provided a healthy breakfast for approximately 200 students. This program encouraged the students to come to school on time.

### Parenting Skills

- A Parenting Workshop taught basic parenting skills and communication between parents and children. Older parents shared their experiences with younger parents about the important role they play in their children's lives. They spoke about being a role model for their children because children do what they see.

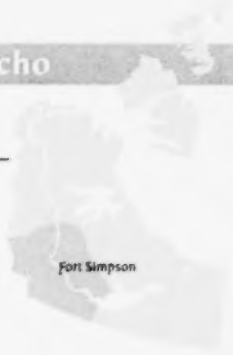
## Canada Prenatal Nutrition Program

### Zhahti Koe Friendship Centre

- A total of 47 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes, home visits and a grocery store tour. A total of 47 separate education sessions/activities were held after the cooking groups. Approximately nine prenatal, postnatal and/or breastfeeding women and seven non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included games, food supplements or meal bag program, prizes or incentives, home visits, a community feast, prenatal snacks, traditional harvesting, a sewing program, and food vouchers.

## Brighter Futures

### Liidlii Kue First Nation




#### Program Management

- Funds supported a Brighter Futures Coordinator, a Social Programs Director, a Wellness Team, Blazing Trails Supervisor, Family Cultural Centre Manager and Assistant position.
- Various local resource people were hired to assist with programs.

#### Community Mental Health

- A family recovering from addictions was supported to attend the Healing Our Spirit World Wide Conference in August 2006, so the family could raise awareness as an example in the community.
- The Medewin Teaching Lodge located in Saskatchewan welcomed two Fort Simpson community members, who later shared their knowledge with their community in preparation for the Medicine Walk workshop.
- Held in August 2006, the Medicine Walk workshop had 12 participants who increased their knowledge of the traditional use of plants.
- Three mothers attended a Traditional Cultural Healing workshop in Hinton, AB.
- Brighter Futures supported a Men's Wellness Workshop and Addictions workshop in March 2007.

#### Child Development

- Between 30 and 40 youth participated in the Beavertail Jamboree Traditional Workshop and games. Activities included log sawing, fire building, tea boiling, log throwing and log chopping.
- The Family Cultural Centre provided a variety of activities around child development such as after school programs, after school cooking program for children, a breakfast program, game nights, drumming and hand games, family sewing program, family fun activity, family literacy night, Friday night snack and movie, multimedia nights, and parent advisory meetings. The Centre also acts as a resource by providing information and activities on various subjects as well as supplying the programs with materials, information, and snacks.
- Brighter Futures supported thirty-six girls to participate in the Girl Guides program.
- Youth attended a Blazing Trails Summer Youth Project for 12 weeks. The camp provided training to four local youth/young adults, who were between the ages of 18-23, to learn the skills to work with younger children in a day camp setting. The participants trained in how to plan events and activities, how to order supplies, and the policies of the camp program. They practiced these skills in a two-week day camp for younger children of the community.

#### Parenting Skills

- Brighter Futures supported an Honoring a Woman's Spirit three-day workshop with the focus on women's roles as a nurturer. Fifteen women were in attendance.

#### Injury Prevention

- A Red Cross Babysitters Training Course was offered through Brighter Futures to 20 youth who learned safety precautions and first aid for babysitting.
- Family Violence Awareness Week and National Addictions Awareness Week promotional activities and workshops were held for the community members. Activities included an information session, a drum dance, a "Take Back the Night" march, a barbeque, a scavenger hunt, a teen dance, a feast, and a multimedia night.
- In October there were three Ending Family Violence workshops, which raised awareness of different types of abuse and ways of preventing or putting a stop to it.

## Canada Prenatal Nutrition Program

### Liidlii Kue First Nation

- A total of 90 cooking groups were held. On average there were eight prenatal, postnatal and/or breastfeeding women and four non-pregnant women who attended the cooking groups. Nutrition information about recipes and during pregnancy was provided through home visits and cooking circles. One-on-one breastfeeding information was offered and women in the program provided breastfeeding support to one another. Other services offered included childcare, games, food supplements or Meal Bag Program, food vouchers, and prizes or incentives.

## Brighter Futures

### K'atlodeeche First Nation

#### Community Mental Health

- 31 youth attended a Summer Day Camp and participated in traditional activities including field trips, camping trips, swimming, arts and crafts, and sports.
- The Community Counsellor at the Chief Sunrise School offered crisis intervention, one-on-one counselling, home visits/family interaction, after school club, as well as support at the Traditional School in Sandy Creek
- 10 students and 2 chaperones attended the Dreamcatcher's Conference in Edmonton
- Brighter Futures supported the Youth Drop In Centre. The activities provided for the youth included baking, arts & crafts, pool, foos-ball, karaoke night and board game night
- A One on One Counselling program was held in March 2007. A psychologist provided individual support to thirteen community members attempting to produce positive changes within their personal lives.
- An On-the-Land Program was held for youth at Sandy Creek Different activities were offered, including winter trails & summer canoe trip, spring goose hunt, spring birch syruping, industrial/traditional arts program, fish derby/fish fry, and the fall moose hunt
- A Wellness "Enhancing Relationships" Workshop was held from March 21-23 2007 at the Dene Cultural Institute on the Reserve. Communication was a major topic that was discussed.

#### Child Development

- Brighter Futures supported the Aboriginal Head Start Program. Some of the activities held for the children were teaching them parts of their body in Dene, teaching the alphabet in both English and South Slavey, teaching about animals and their use, going on nature walks, visits with Elders, crafts, and dry meat making.

## Canada Prenatal Nutrition Program

### K'atlodeeche First Nation

- Eight cooking groups were held with an average of three prenatal or postnatal women attending. Nutrition was talked about on a one-to-one basis and through home visits. Other services offered included breastfeeding activities, food supplements or Meal Bag Program, prizes, food vouchers, games, and home visits.

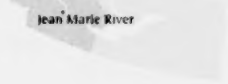
## Aboriginal Diabetes Initiative

### K'atlodeeche First Nation

- The K'atlodeeche Youth Get Active Cross Country Skiing Project ran three days per week for 2 hours and 45 minutes per meeting. The youth aged 10-15 enjoyed skiing, snowshoeing, and biathlon training and the nutrition information sessions.

## Brighter Futures

### Jean Marie River First Nation




Community Mental Health

- Brighter Futures supported the Jean Marie River First Nation in hiring a full-time Youth Coordinator. The coordinator planned and carried out sport, recreational, and fund raising activities for youth on a daily basis. These ongoing activities and events were advertised and had lots of participation from the entire community.

## Brighter Futures

### Ka'agee Tu First Nation

Community Mental Health

- Youth attended the Dreamcatchers Conference in Edmonton, AB from October 12-16, 2006.
- Brighter Futures supported an on-the-land camp for youth from March 19 –27, 2007. The camp involved elders and youth living on the land and participating in traditional activities such as setting nets, snares, traps and hunting.

## Brighter Futures

### Nahanni Butte Dene Band

Parenting Skills

- Brighter Futures supported a Parenting Workshop that encouraged families to work together to deal with important parenting issues such as challenging teen years.

Community Mental Health

- Brighter Futures supported youth to attend the Blueprint for the Future workshop held in Ft. Simpson in November 2006.
- The Youth Drop In Centre was able to provide programs for 27 youth. Besides attending the programs, the youth started to get involved in the running of the programs for younger children.

## Canada Prenatal Nutrition Program

### Nahanni Butte Dene Band

- Services offered included food supplements or meal bag program, food vouchers, and a community feast.

## Brighter Futures

### Sambaa K'e Dene Band

Community Mental Health

- A Summer Camp Program for children and community members focused on traditional on-the-land activities. Children were taught how to hunt and trap, properly handle tools and how to prepare traditional food.
- A Spring Camp held from March 20-25 focused on traditional on-the-land activities. Families participated in the culture camp and were reconnected to the land.
- Brighter Futures supported an Alcohol and Drug Workshop with a focus on protecting children and providing early intervention to at risk pregnant women

## Canada Prenatal Nutrition Program

### Sambaa K'e Dene Band

- CPNP supported a hunt in order to gather traditional food for the pre and post natal women of the community. Food vouchers and food supplements were also provided.

## Brighter Futures

### Pehdzeh Ki First Nation

#### Program Management

- The Brighter Futures Coordinator organized, implemented, and coordinated the wellness programs in the community.

#### Community Mental Health

- Pehdzeh Ki's Fourteenth Annual Spiritual Gathering took place from August 10-August 13, 2006. Besides almost the whole community of Wrigley, people came from a number of different communities to take part in this special event. The different workshops that took place included: Dene Cultural workshop, drumming workshop, and a jigging workshop.
- Three youth fiddlers and two chaperones attended the Great Northern Arts Festival in Inuvik from July 16-21, 2006.
- Six youth and two chaperones attended the Dreamcatchers Conference in Edmonton from October 12-16, 2006.
- Three community members were supported to attend the Denendeh Indian Residential School Survivors Conference held in Yellowknife in March 2007. The participants then passed on what they had learned to the rest of the community.
- Brighter Futures supported a participant to attend the Honouring a Woman's Spirit Workshop held in Ft. Simpson March 26-28, 2007.
- Seven youth, two local harvesters, and one elder went on the Fish Lake Harvesters and Youth Hunting Trip from May 1st to 5th, 2006 to learn traditional bush skills, stories, and language.

## Canada Prenatal Nutrition Program

### Pehdzeh Ki First Nation

- A total of four education sessions about pregnancy, breastfeeding, and prenatal and postnatal care were held. Two to three prenatal, postnatal and/or breastfeeding women and approximately ten non-pregnant woman of childbearing age attended each session. Nutrition information was provided through one-to-one nutrition education and home visits. Other services provided were childcare, games, food supplements or Meal Bag Program, transportation, prizes or incentives, home visits, and food vouchers.

## Aboriginal Diabetes Initiative

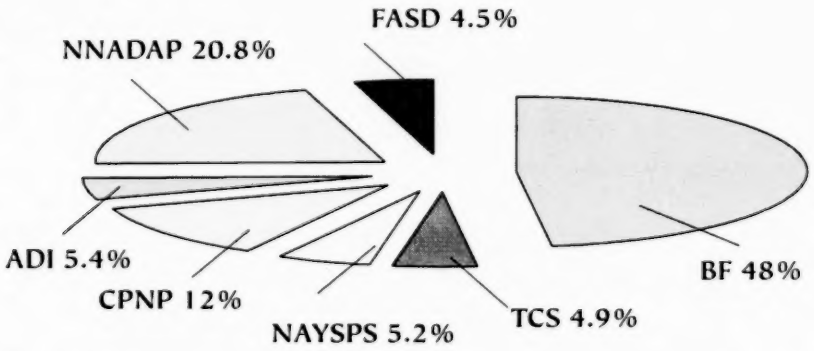
### Hay River Health & Social Services Authority

- In January 2007 a workshop for men from the Dehcho region was held. It targeted Aboriginal men living with type-2 diabetes and included topics such as self-management of diabetes, managing stress, and ways to live a happy and fulfilling life despite being affected by diabetes. The workshop was facilitated by local diabetes education and nursing staff and also by a local man living with diabetes.
- Another workshop, which was facilitated by the same people, was held in March 2007. This workshop differed because its focus was Aboriginal men at risk of developing the disease. The workshop focused on topics such as general information on diabetes, ways to prevent diabetes with diet and exercise, and tips and training on goal setting to make these life changes easier.

## Tlicho Region - 2006/2007 Funding

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Regional | 441,430 | 110,642 | 41,601 | 41,823 | 44,850 | 191,614 | 48,035 | 919,995 |

* Tlicho Government was allocated money to distribute to all communities in the Tlicho Region including Rae-Edzo, Gameti, Wekweeti and Whati.



## Brighter Futures

### Tlicho Government

#### Community Mental Health

- Youth took part in a Culture Camp run by the Elizabeth Mackenzie Elementary School and the Chief Jimmy Bruneau School. The fall camps promoted the development of positive self-esteem while developing skills and knowledge related to traditional cultural activities.
- Eighteen participants attended the annual Dreamcatchers Aboriginal Youth Conference in Edmonton, AB.
- Community members participated in celebrating indigenous culture during the festivities held on June 21, National Aboriginal Day.
- Brighter Futures supported the Tlicho Dagawo Program, which offered youth a chance to develop their music and dance skills in the spring and autumn.
- An After School Program, active in the spring and fall, was held for ages 5-15 to take part in indoor and outdoor activities such as karaoke, movie night, supervised swimming, volleyball, rock painting, homework tutorials and a community clean up.
- Participants from the community were supported to attend the Healing Our Spirits Worldwide Conference, which promotes healthy families.
- Participants in the Journey For Change Walk, walked from Yellowknife to Rae to promote healthy families and draw attention to community violence.
- Brighter Futures supported a Disability Program that helped to develop skills for daily living and an appreciation of Tlicho culture for developmentally delayed members of Behchoko.
- The community gathered for National Addictions Awareness Week at the Behchoko Youth Centre where a family talent show and dance as well as inspirational speakers were enjoyed.
- A contribution was made to assist the Tlicho Women's Youth Volleyball team to attend the 2007 Men's/Women's NWT Volleyball Championships in Yellowknife.

#### Child Development

- Brighter Futures along with Elizabeth Mackenzie Elementary School supported an Effective Behavior Support Program that involved identifying and rewarding positive behavior to encourage good character and positive choices in the school environment.

#### Parenting Skills

- A Parenting Workshop provided parents an opportunity to learn parenting skills that would help improve their children's performance at school and encourage a healthy lifestyle within the home.
- A Mom and Dad's Group met once a week at the Chief Jimmy Bruneau School Preschool to give parents an opportunity to work with their children in various planned activities.
- A Speech and Language Peer Support Program was supported by Brighter Futures to promote literacy skills with children and to support parents in their role as their child's first teacher.

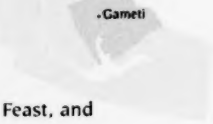
## Canada Prenatal Nutrition Program

### Tlicho Government

- A total of 32 cooking groups were held with approximately six women per session. Nutrition was talked about as part of the program through handouts about nutrition and through group discussions. A total of 13 separate education sessions/activities were held. Breastfeeding workshops and one-on-one breastfeeding information sessions were offered. Other services offered included meal bag program, incentive program, clothing exchange, home visits, food hampers, and food vouchers.

## Brighter Futures

### Tlicho Government




#### Community Mental Health

- Brighter Futures supported the Next Generation Workshop, which promotes positive self-esteem of community youth.
- The community held a series of positive gatherings to celebrate at Canada Day, the Autumn Feast, and the Winter Carnival.
- The youth went on the land to develop cultural awareness and self-esteem through learning land skills in a camp setting.
- The community gathered for National Addictions Awareness Week to raise awareness among youth and families regarding addictions as well as to promote healthy activities.

#### Parenting Skills

- Brighter Futures supported the Women on the Land Retreat to promote parenting skills to women in the community within a camp setting.

## Brighter Futures

### Tlicho Government

#### Community Mental Health

- National Addictions Awareness Week activities were held for community members to be aware of addictions and to recognize individuals who are addiction free.
- There were positive, healthy celebrations for Aboriginal Day, Family Day, and the Children's Winter Celebration.
- Brighter Futures supported a Spring Youth and Elder's Feast.
- There were various evenings called Fun Nights where families joined together for positive activities.
- In August the Annual Boat Trip gave participants a chance to get involved in healthy, traditional family activities on the land.
- Brighter Futures supported youth to take hand game and drum lessons.
- Sixteen children were involved in jigging lessons that were supported by Brighter Futures.
- The community gathered for National Addictions Awareness Week to raise awareness among youth and families regarding addictions as well as to promote healthy activities.

#### Parenting Skills

- Brighter Futures supported the Women on the Land Retreat to promote parenting skills to women in the community within a camp setting.

## Canada Prenatal Nutrition Program

### Tlicho Government

In Wekweètì a cooking class and baby making food workshop was held on October 4th and 5th. Information and support regarding healthy pregnancies and early parenting were shared by the Social Program CPNP Coordinator.

## Brighter Futures

### Tlicho Government

#### Community Mental Health

- A Children's Summer Day Program was held during summer break with organized activities including crafts and physical exercise.
- For a Family Day there was a social gathering planned through a boat trip for families and community members to participate in activities.
- Brighter Futures supported a Hockey Skills Camp for children aged 8-13.
- Whati participants traveled to Lac La Biche, AB to participate in The North Quest Youth Retreat. The youth participated in many activities such as sporting events, self-directed activities, and group sessions.
- Brighter Futures supported Child Day with a celebration of the contribution of the children in the community.
- Literacy was promoted in the community for Family Literacy Day.
- A Strings Across the Sky Fiddle Workshop was hosted for youth between the ages of 6-13. Seven children learned parts of the fiddle, names of the strings, and three tunes.
- Brighter Futures supported the Tlicho Dagawo Program, which offered youth a chance to develop their music and dance skills in the spring and autumn.
- There was a community gathering for a Family Dance, which was very successful with 200 participants involved in activities including thirty children who participated in designing and entering a hat contest.
- Brighter Futures partnered with other community agencies to support the Casa Comedy Kings, which is a comedy basketball team, to show a drug free way of living.
- In August the Annual Boat Trip gave participants a chance to get involved in healthy, traditional family activities on the land.
- Community members were supported to attend the Healing Our Spirits Worldwide Conference, which promotes healthy families.
- The community gathered together for the National Addictions Awareness Week to promote healthy community events including a sobriety walk, jigging instruction, and a community quilt.

#### Child Development

- Brighter Futures supported a Breakfast Program/Kids Cooking Club at the Mezi Community School.

#### Parenting Skills

- Brighter Futures supported the Women on the Land Retreat to promote parenting skills to women in the community within a camp setting.

## Canada Prenatal Nutrition Program

### Tlicho Government

Whati had a food voucher incentive program for pregnant women. Food vouchers would be rewarded to women who went to their weekly prenatal checkups, women who were breastfeeding, and women with newborns. There were prenatal clinics scheduled weekly where information regarding breastfeeding support, labour and delivery, FASD, and prenatal care was provided. Healthy snacks for prenatal women were provided as pre and postnatal issues were discussed and viewed.

## Brighter Futures

### Tlicho Government

- Youth from all four Tlicho communities from ages 12-21 years attended the 2nd Annual Tlicho Youth Conference. The Aboriginal presenters and facilitators participated in the conference as well and were able to act as positive role models.

## National Native Alcohol and Drug Abuse Program, First Nations and Inuit Tobacco Control Strategy, & National Aboriginal Youth Suicide Prevention Strategy

### Tlicho Government

- Funds for all three above mentioned programs were combined to support the Canadian Floor Masters Workshop that was held as part of the 2nd Annual Tlicho Youth Conference. Over 60 youth from the Tlicho Region participated in this conference. The five-day Floor Masters workshop was led by ten trainers who led the group in a variety of activities related to the Hip Hop Culture, Bboying, and Graffiti Art. In addition, the workshop focused on a variety of positive life skills and discussions related to the topics of bullying, violence, healthy eating, friendship, alcohol and drug use, traditional drumming, and STI and high-risk behaviors.

## Fetal Alcohol Spectrum Disorder

### Tlicho Government

- Prenatal support was provided to expecting mothers in conjunction with the CPNP program.
- FASD funding supplemented the Tlicho Youth Conference in allowing the Canadian Floor Masters to share their message about physical fitness, self-esteem, and healthy life styles with the youth of the region.

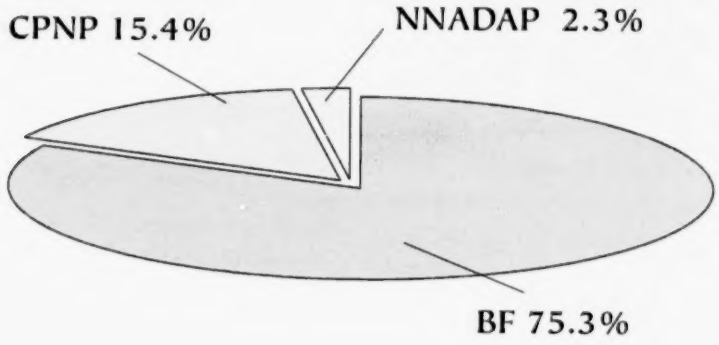
## Aboriginal Diabetes Initiative

### Tlicho Government

- The 2nd Annual Tlicho Youth Conference provided an opportunity for education regarding diabetes, exercise, and nutrition to be handed out as packages to participant as well as healthy foods to be served at the conference.
- Cooking classes for youth focusing on healthy food preparation, exercise, and diabetes prevention took place at the youth center in Behchoko.

## Sahtu Region – 2006/2007 Funding

| | | | | |
|---|---|---|---|---|
| Colville Lake | 19,389 | 3,402 | | 23,241 |
| Deline | 145,862 | 29,268 | | 175,130 |
| Fort Good Hope | 120,569 | 21,288 | | 141,857 |
| Norman Wells | | | | 0 |
| Tulita | 79,848 | 14,402 | | 94,250 |
| Regional | | | 10,280 | 10,280 |



## Brighter Futures

•Colville Lake

### Behdzi Ahda First Nation

#### Community Mental Health

- Brighter Futures supported the Cultural Education Program, where a Slavey Language and Dene Culture teacher provided education to the students at the Colville Lake School. The teacher gave students from grades four to twelve the opportunity to participate in cultural activities such as beading, moccasin, dream catcher, and drum making; studying northern plants; leather work; and learning the traditional Slavey stories, history, and literature.

#### Child Development

- A snack program was held at the Colville Lake School. It provided an opportunity for students to experience healthy living and promoted a healthy lifestyle for all involved. Also it has played a major role in improving attendance along with helping to create a positive working environment for the children.

## Canada Prenatal Nutrition Program

### Behdzi Ahda First Nation

- A total of two cooking groups were held. Approximately four prenatal, postnatal and/or breastfeeding women and eight non-pregnant women of childbearing age attended each class. Nutrition was talked about on a one-to-one basis. Other services offered included games, food vouchers, and food supplements or meal bag program.

## Brighter Futures

### Deline Dene Band

#### Program Management

- A Program Administrator offered assistance with most of the social programs including reporting on and assisting the coordinators with the programs.

#### Community Mental Health

- The On-The-Land program focused on the importance of traditional knowledge from elders such as survival on the land, spiritual guidance, and self-healing.
- A Cultural Coordinator and a Prevention Coordinator were hired to run the Cultural Awareness Program, which is meant to provide a variety of services for the health and well being of the community members.
- A Spiritual Gathering took place from August 14th-17th to help heal the community.
- Brighter Futures supported a Cultural Awareness Program for the community.
- A Youth Leadership Workshop was held to focus on the interests of youth including their health, emotional, social, and spiritual welfare and their traditional and cultural identity.

#### Child Development

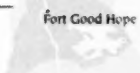
- A Breakfast Program was held daily for approximately 140 students at ?ehtseo Ayha School.

## Canada Prenatal Nutrition Program

### Deline Dene Band

- A total of eighteen cooking groups were held. Nutrition was talked about as part of the program through home visits and on a group basis. A total of four separate education sessions/activities were held and breastfeeding activities were offered. Other services included childcare, games, food supplements or meal bag program, home visits, prizes or incentives, a community feast, and food vouchers.

## Brighter Futures




### K'asho Got'ine Charter Community Council

#### Community Mental Health

- A Youth Wellness Worker was hired to initiate programs as well as several workshops for youth to contribute to positive mental health.
- Youth attended a Youth Program and participated in indoor and outdoor recreational activities that involved interactions with Elders.
- Two on the land programs were held with an emphasis on healing.
- Brighter Futures supported the Frontiers Foundation to provide recreation activities for youth.

#### Child Development

- The Breakfast Program provided food to all students at Chief T'Selehye School.

## Canada Prenatal Nutrition Program

### K'asho Got'ine Charter Community Council

- A total of 45 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits. A total of 32 separate education sessions/activities were held and breastfeeding support was offered. Other services offered included food supplements or meal bag program, prizes or incentives, home visits, and food vouchers.

## Brighter Futures

### Tulita Dene Band

Tulita

Community Mental Health

- The Family Support Program offered a variety of activities for community members of all ages, particularly children and youth. These included mother and child drop-in, literacy, family programs, presentations, sewing & crafts, youth cooking and community programs.
- Brighter Futures supported three community members who work with youth to attend the Youth Violence and Changing Times Training Conference in Victoria, BC.
- A Sewing Workshop was held to teach community members this important traditional skill.
- Male youth, along with some men, came together for hand games competition held in the community.

Child Development

- Brighter Futures supported a breakfast program held at Chief Albert Wright School.

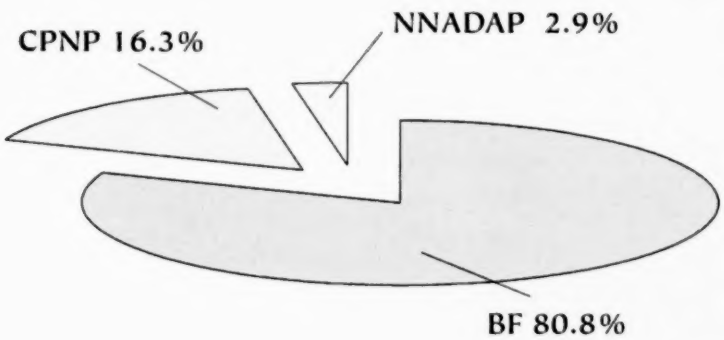
## Canada Prenatal Nutrition Program

### Tulita Dene Band

- A total of sixteen cooking groups and 12 separate education sessions/activities were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits and by games and quizzes. Other services offered included childcare, games, food supplements or meal bag program, transportation, prizes or incentives, a community feast, and home visits.

## Treaty 8 Region – 2006/2007 Funding

| | | | | | |
|---|---|---|---|---|---|
| Enterprise | | | | | 0 |
| Fort Resolution | 89,912 | 17,472 | | | 107,384 |
| Fort Smith | 92,872 | 15,616 | | 1,235 | 109,723 |
| Hay River/West Point | 6,047 | 4,935 | | 8,835 | 19,817 |
| Lutselk'e | 91,902 | 18,457 | | | 110,359 |



## Brighter Futures

### Deninu K'ue First Nation

Program Management

- The Brighter Futures Coordinator delivers programs, provides information on healthy choices, delivers workshops and provides administrative support to all Brighter Futures projects.

Community Mental Health

- Almost the whole community traveled to Mission Island either by foot, boat, or vehicle for the Cultural Awareness Week. Throughout the week, members took part in a variety of workshops on various traditional skills such as: bannock making, dry meat & fish making, berry picking, jigging, and drumming.
- A Much Music Video Dance was held in the community to celebrate the end of a successful school year.
- Brighter Futures supported Family Violence Awareness Week activities, which included an open house with displays and information.
- Activities took place during National Addictions Awareness Week to educate about drug and alcohol abuse.
- Brighter Futures supported Women's Day in order to recognize the hard work women have done in the community.
- The Traditional Challenge was held for community members to take part in different traditional and sporting events.
- Youth were taught traditional harvesting skills from elders in the community.
- Brighter Futures supported the "Take Back the Night" march to inform individuals about violence and where to go for help when needed.
- Brighter Futures supported a White Ribbon Campaign to inform individuals to be aware of violence.

## Canada Prenatal Nutrition Program

### Deninu K'ue First Nation

- A total of eight cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits and a grocery store tour. Other services offered included childcare, food supplements or meal bag program, food vouchers, and home visits.

## Brighter Futures

### Salt River First Nation

Program Management

- Brighter Futures supported staff from "Our Babies Our Future" and "Our Kids our Future" to attend the Learning Together Workshop to learn about parenting skills, nutrition, and feelings/emotions.
- Brighter Futures helped support an Aboriginal Head Start Resource Assistant for the "Our Kids Our Future" and "Our Babies Our Future" (CPNP) programs.

Child Development

- The "Our Kids Our Future" program serviced parents and their children aged 1-6. The program offered regularly scheduled and advertised family activities such as: cooking circles, traditional cooking, child development activities, craft projects for mothers and children, parenting education, community networking, and toy lending.

## Canada Prenatal Nutrition Program

### Salt River First Nation

- The "Our Babies Our Future" program offered a total of 44 cooking groups with 17 prenatal, postnatal and/or breastfeeding women, and nine non-pregnant women of childbearing age attending each class. A total of 36 separate education sessions and/or activities were held. Nutrition was talked about as part of the program on a one-to-one basis as well as through games and quizzes and a grocery store tour. Breastfeeding activities were offered. Other services offered included games, transportation, prizes or incentives, and food vouchers.

## Brighter Futures

### West Point First Nation

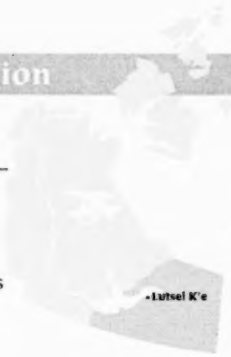
Community Mental Health

- Brighter Futures supported a four week On-the-Land Youth Cultural Camp where youth were taken on the land to learn survival, hunting, and fishing skills; how to set and pull nets; how to respect and preserve food; and how to pick berries and make jam.
- The youth who took part in the On-the-Land Youth Cultural Camp had the opportunity to take part in a Cultural Event where they learned how to fillet fish and turn it into smoked fish.

## Canada Prenatal Nutrition Program

### West Point First Nation

- A total of 22 cooking groups were held. Nutrition was talked about as part of the program on a group and one-to-one basis as well as through home visits. Breastfeeding activities were offered. Other services offered included childcare, games, transportation, and prizes or incentives.




## Brighter Futures

### Lutsel K'e Dene Band

#### Program Management

- Brighter Futures supported a Brighter Futures Coordinator who assisted with all wellness programming and initiatives.

#### Community Mental Health

- Community members took part in the on the land Family and Youth Conference at MacDonald Lake campsite. Elders and youth practiced traditional activities such as hunting, fishing, and one to one discussions.
- In the fall of 2006 eight youth along with two chaperones participated in the Dreamcatchers Conference in Edmonton.
- A Traditional Counsellor provided counselling to community members. The Counsellor used traditional healing to help community members continue on their healing journey.
- Brighter Futures supported a coordinator to organize the Desnethe Che Gathering. The intention of the pilgrimage is to allow the Chipewyan People to reconnect with their ancestors who have been using the area for healing for many years.

#### Child Development

- A Family Support Worker developed programs conducive to the needs of developmentally delayed children in preschool and kindergarten. The program is intended to ensure the children have the necessary skills to be ready to attend full time school.

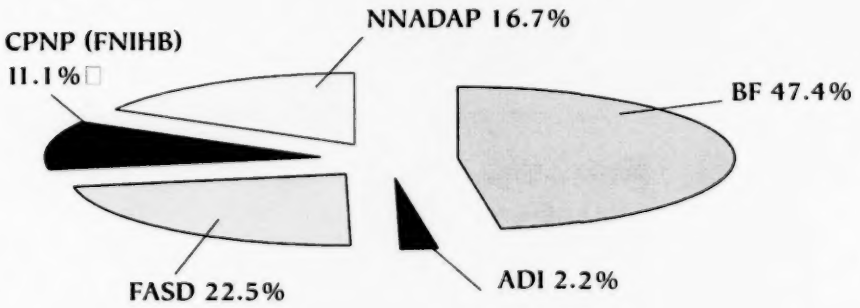
## Canada Prenatal Nutrition Program

### Lutsel K'e Dene Band

- A total of 12 cooking groups were held with approximately four prenatal, postnatal, and/or breastfeeding women and six non-pregnant women of childbearing age attending each session. There were also twelve separate education sessions. Nutrition was talked about as part of the program on a one-to-one and group basis, through home visits, a grocery store tour, using traditional food on the land, as well as games and quizzes. Other services/activities they offered included childcare, games, food supplements or Meal Bag Programs, transportation, prizes or incentives, home visits, community feast, food vouchers, as well as prepared and distributed snacks for participants to take home.

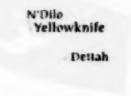
## Yellowknife Region - 2006/2007 Funding

| | Brighter Futures | CPNP (FNIHB) | Injury Prevention | ADI | FASD | Territorial Initiative | NNADAP | NNEDP | Total |
|---|---|---|---|---|---|---|---|---|---|
| Yellowknife, N'dilo, Dettah | 134,425 | 31,618 | | 6,411 | 64,370 | | 47,696 | | 284,520 |



## Brighter Futures

### Yellowknives Dene First Nation




#### Program Management

- Brighter Futures supported various staff positions such as a Manager, Health, & Social Development/Wellness Coordinator, an Addictions Worker/Community Wellness Worker, and a Community Support Worker, which worked throughout the year to provide a variety of services, programming and activities to the community.

#### Community Mental Health

- A youth group for children in Ndilo and Dettah as well as an Eclipse Program to teach judo and self-esteem to youth occurred.
- There was a Residential School Conference.
- There were various activities held throughout the year including picnics for elders, mothers, and fathers; sharing circles; AA meetings; a tobacco as well as FASD workshop; and elder luncheons.
- There were many awareness programs on various subjects celebrated such as Awareness of Violence Against Aboriginal Women: Journey for Change Walk, Family Violence Awareness Week activities, Alcohol and Drug Awareness program, and National Addictions Awareness Week activities.
- Brighter Futures supported an on-the-land Youth Wilderness Camp Cultural Program. The program ran for five weeks for youth aged from 9 to 16 years old. Eight to 10 youth participated weekly in the various morning and afternoon activities. In the morning the activities consisted of prayers and teaching of traditional values, creating, learning, and implementing safety guidelines and rules for the program, and sessions on various topics such as communication skills, education, healthy relationships, alcohol/drugs affects, self-esteem, peer pressure, trust, respect, self-esteem, role models, spirituality, health, and nutrition and traditional food. In the afternoons Elders shared Dene history, traditional values, and story telling. Youth learned various skills around preparing and hunting fish, moose, and duck. Youth were also involved in learning to speak and write in their Dene language, weekly sharing circles, and arts and crafts.

## Canada Prenatal Nutrition Program

### Yellowknives Dene First Nation

- A total of 44 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits, grocery store tours, and games and quizzes. A total of 44 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included childcare, games, food supplements or meal bag program, transportation, prizes or incentives, home visits, baby gifts for newborns, and food vouchers.

## Fetal Alcohol Spectrum Disorder

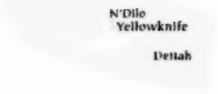
### Yellowknife Association for Community Living

- A total of twelve weekly group sessions were held as part of the "Parent Empowerment Project". The program targeted parents and caregivers of children affected by FASD. The meetings gave participants the chance to gain information, share experiences and learn successful parenting strategies. A Traditional Parenting Retreat was also held for participants from March 17th-20th, 2007.
- The Peer Support Program for Persons Affected by Fetal Alcohol Spectrum Disorder was a support and educational group for adults living with FASD. The program consisted of weekly group meetings where various topics around life skills, employment, education and socialization were covered. The program also provided individual support to participants. Over the course of the program, 13 group sessions were held.

## Aboriginal Diabetes Initiative

### Yellowknives Dene First Nation

- The K'alemi Dene School in Ndilo provided a healthy and active living group for both girls (Ts'eko) and boys (Dozhii). The groups were held after school on Wednesdays for an hour and a half and attracted approximately 25 children for each session. Activities offered included: snowshoeing, dog sledding, swimming, making healthy snacks, cooking outdoors, and sliding. The successes of the project were shared with the community via the school newsletter and a year-end slideshow and ceremony.



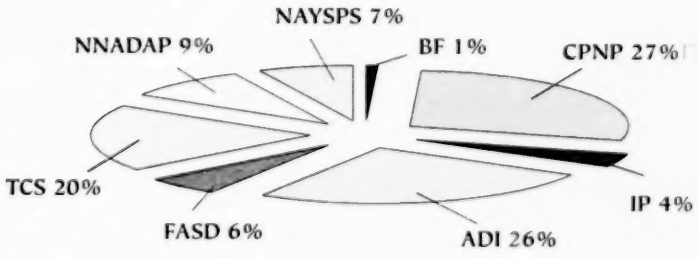

### Aurora College

- The Yellowknife Campus held a Drop the Pop Campaign for its students between March 12 - 16, 2007. During the promotion, students were encouraged to choose healthy options for beverages, the canteen was stocked with milk, yogurt, and other healthy choices, and daily draws for participants were held to win grocery store gift certificates.

# NWT Regional Projects

## NWT Regional Projects - 2006/2007Funding

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Beaufort Delta Health and Social Services Authority | | 117,822 | | | | | | | 117,822 |
| Dene Cultural Institute | | | | | | 21,080 | | | 21,080 |
| Dene Nation | | | | | 41,406 | | | | 41,406 |
| Department of Health and Social Services | | 18,043 | 26,758 | 62,842 | 954 | 157,381 | 74,100 | | 340,078 |
| Native Communications Society of the NWT | | | 7875 | | | 2,625 | | | 10,500 |
| North Slave Correctional Centre | | | 708 | | | | | | 708 |
| Northern Nutrition Association | | | | 5,549 | | | | | 5,549 |
| Renaissance Services | | | | 1,620 | | | | | 1,620 |
| Sport North Federation | | | 2,710 | 9,444 | | | | | 12,154 |
| Stanton Territorial Hospital Authority | | | | 157,592 | 3,490 | | | | 161,082 |
| Status of Women Council of the NWT | 8,000 | | | | | | | | 8,000 |
| Tait Communications | | | | | | | | 63,069 | 63,069 |
| Yellowknife Health and Social Services Authority | | 124,419 | | | 5,000 | | 10,628 | | 140,047 |



# NWT Regional Projects

## Brighter Futures

### Status of Women Council of the NWT

- Brighter Futures supported the development of a video called "Sharing Triumphs," which features young, adult, and elder women sharing their stories and struggles with family violence. The video will be used as a training and awareness tool in the NWT.

## Canada Prenatal Nutrition Program

### Department Health & Social Services

- A series of infant dental health items and resources were developed for use by all NWT CPNP programs. Items included a resource sheet outlining the importance of baby teeth and how to care for baby's teeth, infant safety toothbrushes, and soft washcloths for keeping baby gums clean. To supplement this, a series of radio ads were designed and aired in all communities to educate the public and create awareness of the CPNP program as a resource for more information and support.
- 1500 breastfeeding posters were designed, printed, and then distributed to CPNP nutritionists who passed them on to the CPNP programs in their regions. The posters used pictures to clearly and easily demonstrate guidelines around breastfeeding and how to know your baby is getting enough milk.

### Yellowknife Health & Social Services Authority

- The CPNP Nutritionist Support Project provided nutrition screening, education, counselling, nutritional support systems such as high quality foods for prenatal, postnatal and breastfeeding women, to all CPNP community programs in the Southern half of the Territory. The Nutritionist made community visits to Fort Smith, Ndilo, Behchoko, Fort Providence, Dettah, Wekweti, Lutsel K'e, and Yellowknife to promote nutrition through sessions, games, cooking groups, and discussions. The Nutritionist also got involved in many community events such as FASD day; Lunch for a Bunch; Moms, Boobs, and Babes Peer Support; Relay for Life; and the Yellowknife Breastfeeding Challenge and Art Show. The Nutritionist held meetings, telehealth conferences, and presentations to promote the CPNP programs and ensure that they are running properly. There were also kitchen tool bags, CPNP newsletters, and recipes produced and distributed. The Nutritionist also organized and delivered a three-day training session for all CPNP workers in the southern half of the NWT.

### Beaufort Delta Health & Social Services Authority

- The CPNP Nutritionist Support Project provided nutrition screening, education, counselling, and assessments, as well as nutritional support systems such as cooking sessions, kitchen tool kits, and high quality traditional foods for prenatal, postnatal, and breastfeeding women for all CPNP programs in the Northern half of the Territory. The Nutritionist also developed the knowledge, skills, and attitudes of CPNP program workers through one-on-one and group teaching and through newsletters. The Nutritionist also ensured that CPNP workers followed basic nutrition standards. The project promoted and supported breastfeeding in CPNP programs through teaching kits for education sessions. The Nutritionist also organized and delivered a three-day training session for all CPNP workers in the northern half of the NWT.

## First Nations and Inuit Tobacco Control Strategy

### The Dene Cultural Institute

- The Dene Cultural Institute conducted a research project to identify native NWT plants that were originally used for spiritual or ceremonial purposes prior to the introduction of non-native tobacco. The research involved consultation with elders as well as a literature review.

## NWT Regional Projects

### Native Communications Society of the NWT

- The Native Communications Society aired a talk show called, the Good Medicine Radio Show on it's CKLB station. The one-hour tobacco health topic show aired on two separate occasions and featured interviews with people who have quit smoking and current smokers. Information on the new tobacco legislation, and on quitting tobacco use were also provided.

### Department of Health & Social Services

- Billboards promoting smoke free sports were produced and distributed to six NWT community recreation facilities such as arenas and swimming pools.
- Smoke free promotional items, such as balls, frisbees, and pens, were developed and used as prizes at sport days and other sports events.
- Two different tobacco and sports posters were developed and distributed throughout the NWT. One poster featured a girls' soccer team and the other featured the entire NWT Women's and Men's Canada Winter Games Hockey Teams. The teams were very proud of the initiative and that their photo on the poster helps them to "cement" the commitment to be smoke free.
- In February the Tobacco Specialist and FNIHB Tobacco Coordinator attended the NWT games in Ft. Simpson to conduct tobacco education with youth delegates aged 10-15. The tobacco educators used many methods to convey their messages including the April Aging Software, quizzes and prizes, and two sets of pig's lungs that contrasted the difference between healthy and non-healthy smoker's lungs.
- As part of the annual CPNP worker training, the Tobacco Specialist provided a full day training session on tobacco cessation. The Tobacco Specialist used many resources to improve and update the workers' knowledge of tobacco and smoking, so that they could then provide this information to the pre and post natal women in their own communities as part of the CPNP program.
- A BLAST Student Tobacco Conference was held in Yellowknife from October 20th-22nd, 2006. Students from 13 communities attended the conference with the goal of empowering youth to take action in their schools and communities towards tobacco prevention. At the conference, BLAST students were given the information and skills necessary to carry out their tobacco reduction projects. After the conference, seven schools submitted proposals for the tobacco reduction projects and received funding, which was then used for smoking awareness activities such as school conferences, art contests, tobacco movie nights, and tobacco health fairs/game events.
- A series of four 30 second English TV ads were developed from video interviews with three Aboriginal people who were speaking about a loved one that had passed away due to the effects of tobacco use. These videos along with three new ads that were produced aired on CBC North.
- A series of newspaper ads were done with the caption "Look Who's Quit". This was to create awareness of people who have successfully quit smoking, to provide role models for quitting from all around the North, and to provide key messages and tips on quitting in the form of a personal quote from the individual featured.

## National Native Alcohol and Drug Abuse Program

### Department of Health & Social Services

- Approximately 80 participants, including mental health and addiction counsellors, community wellness workers, clinicians, members from the Department of Justice, and members from non-government agencies, registered and attended the Community Counselling Program Conference. Concurrent sessions were scheduled for the participants and topic areas included: stress management and self-care, DSM-IV, counselling skills in working with children and youth using expressive therapies, eclipse program, the power of believing in spirituality, family violence, concurrent disorders, and re-empowering our indigenous community.
- The NWT Bureau of Statistics gathered data on the prevalence of use of alcohol, tobacco, and illicit drugs by NWT residents aged 15 and older. The data was successfully collected and will be analyzed and complied into a report. Once completed the report will be available to use as information for development, implementation, and evaluation of tobacco, alcohol, and illicit drug strategies, policies, and programs.

- A total of 48 persons received alcohol or drug treatment at a southern facility. Through this the appropriate assessment of clients, referral of clients to treatment, and support for clients was received.

### Yellowknife Health & Social Services Authority

- The Yellowknife Authority began planning and organizing for the upcoming Crack Cocaine Training for Primary Community Care Providers to be held in the next fiscal year. The Conference will be a one-day symposium developed with content specific to the northern context and is in response to rising rates of crack/cocaine use in the region and a dedication to ensuring workers are properly equipped to deliver services to those affected.

## Injury Prevention

### Department of Health and Social Services

- 2000 copies of a series of four "Safe in a Swim Vest" posters featuring Aboriginal children and local role models using swim vests were produced and have been distributed to communities throughout the Territory.
- Seven First Nations and Inuvialuit CHRs completed First Aid and CPR Certification Training. Two of the CHR's have since provided training to others in their own communities.

### Native Communications Society of the NWT

- The Native Communications Society aired an hour-long radio program called "The Good Medicine Show," which included radio hosts interviewing relevant people, such as elders, health promotion officers, water safety officials, and a wildlife officer on the topics related to injury prevention. The guests focused on topics like snowmobile and water safety as well as health risks for injury.

### North Slave Correctional Centre

- The centre provided a workshop for inmates on snowmobile safety. The participants received seven five-hour training sessions and safety throw bags as prizes for attending.

### Tsiigehtchic Health Centre

- The local CHR held a workshop for elders on the topics of fall prevention, fire prevention, and healthy eating, nutrition, and food safety. All the completed reports were distributed to all NWT CHRs.

### Sport North Federation

- The Sport North Federation purchased first aid kits for use by chaperones at the NWT Games.

## National Aboriginal Youth Suicide Prevention Strategy

### Tait Communications & Consulting

- Consultants provided a series of workshops in five NWT communities (Yellowknife, Hay River, Ft. Simpson, Inuvik, and Norman Wells). The purpose was to introduce the new NAYSPS program to key community stakeholders and assist them in beginning to plan and design a strategy for their individual regions/communities. At the end of the sessions, many organizations were making plans to work together to implement suicide prevention programming.

## Fetal Alcohol Spectrum Disorder

### Yellowknife Health & Social Services Authority

- In partnership with the CPNP program, a northern focused exercise video for Aboriginal prenatal women was completed in the fall. The video features Aboriginal women in varying stages of pregnancy going through a low impact workout with modifications for each stage of pregnancy. The video was distributed to all CPNP programs in the Territory for workers to use with the participants.

### Stanton Territorial Health Authority

- FASD supported the purchase of Bayley Scale of Infant Development (BSID) Assessment Tools that will be used by the Child Development Team in order to provide the best care and treatment possible to children affected by FASD and other developmental disabilities. As they will be used in travel clinics as well, they will serve the needs of all children in the NWT.

### Department of Health & Social Services

- The Department produced a northern focused T-ACE card for use in screening women for risk of alcohol use during pregnancy. The card easily & non intrusively assesses a woman's level of alcohol use by asking 4 simple universally accepted questions. The card was produced and distributed to health centers, nursing stations, hospitals, doctor's offices, nursing program at Aurora College, and CPNP programs. It was also posted on the Department's website.

### Dene Nation

- Five community workshops were held throughout the month of March 2007. Youth in Aklavik, Ft Good Hope, Ft Providence, Behchoko, and Ndilo were provided an opportunity to come together to discuss and provide input into FASD prevention and intervention strategies in the NWT. The workshops also provided youth, ages 14-17, with information on FASD and statistical information on alcohol consumption in their age groups. The youth identified a need for positive role models in the community as wells as cultural programming components, including on-the-land and community activities, to prevent FASD.

## Aboriginal Diabetes Initiative

### Department of Health & Social Services

- The Drop the Pop campaign encouraged students to make healthier drink choices through healthy competition between schools. Schools organized healthy eating and active living activities and competed to have the highest number of participating students in order to win a prize. In total, NWT wide, 5,964 students participated in the challenge and "dropped the pop" for the period of March 12-23, 2007.

### Northern Nutrition Association

- "Keep Fit Healthy Living" is a project that was piloted in Ft Smith and Norman Wells. The goal is to help participants, those with diabetes or pre diabetes, to reach healthy weights through regular physical activity and nutrition education. By the end of the 10-week session participants had great results and in some cases participants lost 5% of their total body weight. There was also improvement in the types of nutritional foods participants were eating regularly.
- The program utilized supportive physical activity, a bike share program and a cooking club to help participants meet their goals.

# NWT Regional Projects

## Sport North Federation

- The Federation supported the NWT Games by providing healthy snacks and incentives (gym bags) to the 276 Aboriginal youth, from 27 communities who attended. The Games target youth ages 10-14 who are at an age where they may be making choices about whether or not to continue with organized sport. It is hoped that the Games themselves and the healthy eating information they receive will assist the youth to make long-term healthy choices.

## Stanton Territorial Hospital

- 21 Diabetes mini clinics were conducted by the "Diabetes Care Network", which is an outreach program consisting of travel clinics to screen for diabetes and diabetes complications. Diabetes educators provided diabetes education, screening, and care.
- The Ribbon of Life Workshop was held in Yellowknife and Ft. Smith.
- The Practical Diabetes Management Workshop for Primary Care Physicians and Nurse Practitioners was offered in Yellowknife and Ft. Simpson. In total, seven physicians as well as four Nurse Practitioners, and one Registered Nurse participated in the training.
- Patients were provided with pamphlets and/or other educational information as required and methods of self-care were taught.
- Four Registered Nurses, one Community Health Representative, and one Registered Dietician were supported to attend the Canadian Diabetes Association's Annual Conference in Toronto, ON from October 17-21, 2006.

## Department of Health & Social Services

- Promotional items were purchased for distribution at the NWT Games in order to supplement the healthy snacks and further work to educate youth about healthy choices. Items included posters promoting healthy drinks and an incentive program called "Passports to Produce". The promotional items helped to educate youth in a fun way about the importance of healthy drinks and snacks. They also reinforced the messages being sent by the Sport North Federation about healthy lifestyle choices and long-term health.